New and Rational Experiments in Physick.

New and Rational Experiments in Physick.

CORAL and STEEL:

A most Compendious

METHOD

Of Preserving and Restoring

HEALTH.

OR,

A Rational Discourse,

grounded upon Experience;

Practically shewing how most Diseases may be both Prevented and Cured, either Solely or Chiefly by two Common Medicaments,

Viz.

Red CORAL and STEEL.

By *R. B.* M. D.

Frustra fit per plura, quod fieri potest per pauciora.

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MVSEVM
BRITAN
NICVM

L F F 8 a

To all ſuch as are Lovers of, and Curious Searchers into Rational and Experimental Phyſick.

TO You, to whom the whole World is Obliged for thoſe Rare and Admirable ſearches,

ches, you dayly make in-
to the bowels of Myste-
rious Nature; to whom
the awakened Age li-
stens for what your hap-
py Labours shall pro-
duce, I am bold to De-
dicate this small Tract
I have by your singular
Modesty, learnt not
over-much to commend
what I approve, onely
to acknowledge I have
here endeavoured a

Rati-

Rational Essay, which I hope will Influence your more Noble and Higher Attempts to Improve. I have here given you a faithful Account, of what for many Years Practice, hath occurr'd to my Observation, that you may perceive what Admirable Effects have fell from these Preparations. The General

Advantage that may
Accrue to the World
hereby, not any Vanity
of my own, hath over-
come my natural Aver-
sion, and importuned
me now to appear in
Publike. Thus sub-
mitting my self to your
favourable Censure;
conclude,

Yours, in all Humility

R. B.

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CORAL

CORAL & STEEL.

CHAP. I.

That a nice and ſtrict obſervation of any of thoſe ſix things not natural, except Exerciſe, is no legitimate means for the preſervation of health, or prevention of diſeaſes.

MEdicina, that Art, which in our Engliſh tongue is commonly ſtiled by the term of *Phyſick*, that hath for its object diſeaſes, either to be prevented or removed, and for its end or ſcope the

health of humane bodies, doth co
ſiſt of two general parts, *viz.* Pr
phylactical and Therapeutical. T
Prophylactical part of Phyſick ſhe
how diſeaſes may be preventec
The Therapeutical part diſcove
how they may be removed
cured, after they are once co
tracted.

I ſhall firſt treat of the Prophyl
ctical part, and ſhew, how by t
common Medicaments, diſeaſes m
as well or better be prevented, th
by that various and multiform
byrinth, wherein moſt Phyſitians
this time do wander. Not tha
pretend how by theſe Medicamen
all manner of diſeaſes in all perſo
whatſoever, ſhall or may be ſo c
tainly prevented, as that no
ſtemper can poſſibly happen u
any of thoſe perſons that uſe the
for if this could be effected, m
would then be immortal. But
ſpeak comparatively, that as mu
or more may be effected towa

e prevention of diſeaſes by this ompendious, than by that Ela- orate and more tedious pro- eding.

The way and means which hath een, and is at this time in uſe mongſt Phyſitians to prevent iſeaſes, is to give preſcriptions unto veral perſons, according to their arious temperaments, complexi- ns, or conſtitutions, concerning ir, Diet, Excretion, Sleep, the aſſions of the minde, and Exerciſe: hings, as they are termed by Phy- tians, not natural, (for all things hat the Phyſitian hath to do with, e ranked into three orders, *viz.* es *naturales*, *non naturales*, & æter *naturam*) which things not atural, if they ſhall be exquiſitely roportioned, and made corre- ondent with each particular con- itution, and ſo continued in their roportion, may without all per- dventure in a great meaſure pre- ent diſeaſes. But to make and

continue ſuch an exquiſite propo
tion, is altogether impoſſible.

To make a ſtone or powder
that quality, that it ſhall convert
metalls into gold that ſhall be touch
ed by it, is certainly a direct way
increaſe riches. Yet if ſuch a ſto
or powder cannot by humane A
be produced, it is an abſurd thing
hiſtorize the dignity and worth
that imaginary ſtone, and propoun
it for the intent and purpoſe afore
ſaid.

The caſe is the ſame in the pro
portioning Air, Diet, Sleep, &
things not natural, unto particula
conſtitutions. I deny not but tha
thoſe things not natural, may an
ought to be appropriated to diſeaſe
for the cure of the ſame; yet tha
they cannot be proportioned to par
ticular conſtitutions, for preventio
of diſeaſes, I ſhall ſhew by diſcourſin
upon them particularly.

And ſuppoſe they could be ſo
proportioned, yet would it be a very
difficul

difficult thing to be perform'd, in respect of that necessity which providence hath cast almost upon all men, enforcing them to the contrary. As for example: Suppose that such particular Air, or Diet, should be absolutely necessary for the preservation of health, for all persons of a sanguine or phlegmatick complexion in this City, how many would there be who would have no convenience for the use of either? If a certain particular air, should be absolutely necessary for the preservation of the health of some particular persons, even Kings themselves might be pitied in this respect, who by keeping the same air, must either lose their health, or by changing it, endanger the loss of their Kingdom.

When a certain King demanded of a Philosopher, in what part of his Kingdom it would be most convenient for him to live; The Philosopher call'd for a Bulls Hide, and

throwing it down, desir'd the Ki
to tread upon it; who treading up
the sides, found by experience th
the contrary sides, by reason of t
stiffness of the Leather would fly
in his face; but when he trode in t
midst, the whole Hide was couch
and still.

Now if Kings themselves a
oftentimes necessitated to retain t
same air, much more may we co
ceive Subjects and inferiour perso
to be: Insomuch that if it were
that a certain particular Air, a
Diet, &c. were absolutely necessa
for all persons, according to the
several constitutions, for the prese
vation of their health, Providen
might in some measure be com
plain'd of, for enforcing the greate
part of mankinde unto so hard
choice, as the loss either of the
health or estate. But as in reason,
is not probable that Divine Prov
dence hath dealt so hardly with u
so experience will evince the con
tra

ary. For, 'tis well known by experience, that but one of those six things not natural, which is Exercise, much concern'd in the preservation of health, or prevention of diseases; of which afterwards in its proper place.

CHAP. II.

How air can be appropriated to particular constitutions for preservation of health.

'T is a very hard thing in the general to distinguish of air under the same climate, whether it be better or worse for the preservation of the health of humane bodies. For we know that here in *England*, in those places which are reputed to have the worst air, as in Fenny and Marshy places, the inhabitants are as strong in constitution, and generally do live as long as others, who

breath that air which is accou
moſt pure and healthful. And
thoſe perſons that are ſo healthf
and live ſo long, in that ſuppoſ
unwholſom air, are of different co
plexions, ſome ſanguine, ſo
cholerick, ſome phlegmatick, a
others melancholick, or elſe mi
of theſe, yet different from ea
other, according to that infinite v
riety of proportion of the foreſa
humours, which is eaſilier conceiv
than expreſſed.

Inſomuch that in the ſame ai
which is ſuppoſed to be the worſ
perſons of all kindes of tempera
ments or complexions injoy the
health, whilſt, in the mean time
others altogether as different in the
complexions, in the very pureſt ai
are either ſoon cut off with death, o
elſe moſt part of their life-time d
groan under the heavy burden o
ſickneſs and diſeaſes.

Now although it may be here ob
jected, that many who have a gene
ral

Cachexy upon them, who cannot
rfectly and throughly injoy their
alth, do finde in themſelves an al-
ration to the better, by the change
air; yet we are not to aſcribe this
the quality of the air, but to the
fference, to the alternation, yiciſſi-
de, or change, which procureth a
rmentation of the maſs of blood,
e next and immediate cauſe of
alth. For certain it is, that
ange of air doth ferment the maſs
blood, of what quality ſoever the
anged air be; and it is known by
mmon experience, that the change
air, although from the better to
e worſe, doth oftentimes remove
achectical diſtempers.

Who would not think, but that a
ear and dry air, ſhould be far
etter for perſons that are inclined
nto Aguiſh diſtempers, than to live
a Ship at Sea, eſpecially in theſe
Northern Climates, where the air is
ore cold and watry? Yet is it
nown by experience, that even

Quartain Agues have been cured b
going to Sea, by changing a bett
for a reputed worſe air: The one
reaſon without all peradventure,
this, *viz.* A juſt fermentation
the maſs of blood cauſed by th
change of air.

But here it may alſo be objecte
that ſome bodies that are healthfu
do find an alteration to the worſe, b
the change of air.

To this, I anſwer; That thoſe a
bodies of a more delicate and fi
habit, who being in perfect healt
cannot but be ſomewhat altered, b
the change of their accuſtomed Ai
For if the change of aire can ma
an alteration to the better in bodi
that are diſtempered, it may as we
make an alteration to the worſe
other bodies, that are in perfe
health; eſpecially in ſuch bodies
are of a more tender conſtitutio
ſeeing alſo that health doth depe
upon a juſt, not an under nor ove
fermentation of the maſs of blood.

By this it may appear, how vain a ing it is for prevention of Diſeaſes, preſcribe a particular air, to ſome rticular conſtitutions; whereas t alteration which happeneth unſome bodies, is cauſed not by the ality, but by change of the air.

CHAP. III.

hether a ſtrict obſervation of Diet, may conduce to the prevention of Diſeaſes.

N the next place let us inquire into the nature of Diet, how that n be appropriated unto particular mplexions, for prevention of Diaſes.

And this I finde impoſſible to be one. The way and means to effect is, ſhould be, firſt to inquire into e Nature and Conſtitution of the erſon to be Dieted, then to preribe ſuch a Diet as may reſtifie what

is

is conceiv'd to be amiss in him, for example: to prescribe such diet as may lenifie sharp Humours, such a diet as may incrassate serous and thin humours, and attenuate those that are viscous and thick, *&c.*

But how is it possible for the wisest Physitian, to know the particular Constitution of any person living? 'Tis confess'd, it is a matter of great difficulty, to make a very probable Conjecture of the Temperament, whether it be Phlematick or Cholerick, *&c.* but touching the diet, this is not sufficient. There is that in Nature which the *Greeks* call ἰδιοσυγκρασία, a proper and particular temperament, under each *Individuum*, which by a secret instinct, inclines many persons to desire, and enables them to digest such diet as many Physitians would think (upon the account of that Temperament which appears unto them) as hurtful as poyson unto

them

em. And on the contrary, many ere are who would be ſick even nto death, if they ſhould make e of ſome ſuch diet, as Phyſitians ould preſcribe them. How many e there of Phlegmatick Conſtitu- ons, who do nauſeate and loath ony, the great Attenuatour of hlegm and viſcous humors, and that hich by almoſt all Phyſitians is ommonly preſcribed, for the ſame urpoſe? And again, there are ma- y whoſe bodies ſeem to abound ith viſcous and groſs humours; et by a ſecret inſtinct of Nature, eſulting from that εὐκρασία or pro- er temperament, they do not only eſire, but do alſo very eaſily digeſt heeſe, and Fiſh, and other ſuch hings which moſt Phyſitians would trictly forbid them.

You ſhall have two perſons of the ame Temperament, as near as any Phyſitian is able to judge; the one hall deſire Cheeſe, and very eaſily digeſt it; the other ſhall be ſick even

at

at the very ſight of it. The o
ſhall abhor Wine, and ſtrong Drin
who perhaps never drank any thi
beſide water, in all his life-time; an
the other ſhall be unſatisfied, and ſic
at his ſtomach, if he drink not eith
wine, or ſtrong drink, at all his meal
The one ſhall abhor Fleſh-meat, an
preſerve his health by refuſing it
and the other, though of the ſam
Temperament, as far as any Phyſi
an can judge, ſhall much deſire it
and be very healthful all his life-time
by reaſon of the uſe of it.

So that to preſcribe a diet, is no
ſo much the way and means to pre
vent, as to produce diſeaſes; ſeein
that Nature, the wiſeſt of Phyſi
ans, hath provided for every parti
cular perſon, a different and diſtinc
palate, which (if not vitiated an
corrupted by ſome accident) doth
truly diſtinguiſh of meats, reliſhing
or diſguſting them according as they
are wholſome or unwholſome for
the body.

'Tis

'Tis well known in Martial Discipline, that he who ſtands Sentinel, ſhould and ought to have full power to examine all particular perſons, before he admit them entrance into the Gariſon. Now ſuppoſe that ſome Deputy-Governour in the Governour's abſence, ſhould ſo far queſtion the diſcretion of him that ſtands Sentinel, as to take away all his power of examining; and in ſtead thereof, give him in charge to admit, without Examination, all perſons that have black hair, and to exclude others: This might be a means to exclude ſome Friends, and to admit ſome Enemies, and ſo to deſtroy the Gariſon.

Every Phyſitian is Natures Lieutenant, or Deputy-Governour; the Palate is that Sentinel which ſtands to examine every thing that is inſerted into the body. Now if the Phyſitian, Natures Lieutenant, ſhould take away the Palates power of examination, and in ſtead thereof, give

onely

onely ſome general precepts, wh
and what not, is to be ingeſted;
this means he ſhall, by excludi
friends, and admitting enemies,
ther deſtroy, than preſerve
bodies health and welfare.

CHAP. IIII.

*Whether Excretion by ſiege or ſt
beſides that by ſweat and urine,
neceſſary to preſerve health.*

ANother way and means in u
amongſt Phyſicians, to preſer
health, and to prevent diſeaſes,
to provide and take care that the
be due excretion, that the body
kept Laxative or Soluble, where
all that excrementitious matte
that ſhall by any accident be co
lected in the maſs of bloud, ma
conveniently, by ſiege or ſtool, b
ſeparated, excerned and purge
that ſo the maſs of bloud may
preſerv

ſerv'd ſincere and pure, in all re-
ts fit for the uſe of nature.
This, I confeſs, ſeems to be ſome-
t pregnant with reaſon: yet not-
nſtanding experience doth clearly
fute it.

'Tis known by experience, that
ny, who are moſt careful, by Art,
reſerve their bodies Soluble and
ative, are ſeldom throughly and
fectly healthful; yet many others,
o are continually Coſtive, who go
to ſtool every day, and perhaps,
etimes not above once in three
four dayes, do enjoy their perfect
lth for many years together.
hough it cannot be denyed, but
moſt perſons, who are naturally
ative, are alſo very healthful:
is it much to be ſuſpected,
ether that Solubility of body,
ch ſome have beyond others, do
proceed, rather from a deficien-
than perfection of Nature: ſee-
alſo that moſt men are Coſtive,
they that are Laxative, are

of

of the weakeſt conſtitutions.

Through the viſcoſity of [h]
mours, obſtructing the urinat[ory]
paſſages, through the coldneſs of [the]
body, thickneſs of the skin, [and]
cloſeneſs of the pores, where[by]
tranſpiration is hindred, induſtri[ous]
nature being put to her ſhifts, is [ſo]
deſtinated to vent a great part of [the]
ſerous humidity, by ſiege or ſto[ol]
which ſhe had rather throw out [by]
ſweat and urine. So that this S[olu]
lubility of body, may at the beſt, [be]
ſtil'd nothing elſe, than a good ef[fect]
of a bad cauſe. Although it be w[ell]
to be lik'd, that Nature hath [at]
length, found out a new chanel, [to]
vent her ſuperfluous humidity; [yet]
had it been much better, if ſhe h[ad]
never been ſo far put to her ſhifts [as]
to ſeek it.

Yet is it the common and gene[ral]
receiv'd opinion, that Solubility [of]
body doth proceed from the p[er]
fection of Nature; and that in [all]
bodies ſhe doth primarily intend

how can this be any other than a gar errour? Whereas thoſe that commonly Coſtive, are ſuch as eat, drink, ſleep, digeſt, exiſe, and perform all other offices Nature, perfectly and exactly: on the other ſide, thoſe that on every ſmall occaſion are ſubt unto Solubility, or looſeneſs, either aged perſons, ſickly and akly young Children, Women in ilde-bed, conſumptive perſons; elſe others, that are known by exrience to be of the weakeſt conutions. And beſides, that it is e intent and ſcope of Nature, to arate any excrementitious matr, that may be collected in the ſs of blood, by throwing it off tother with the ſerous part, and conying it through the Ureters and res by urine and ſweat, it may early appear by that large quantity *Hypoſtaſis* or Sediment that is in e urine of thoſe perſons that are covering from ſickneſs, and by their

their great inclination, at that t
unto sweating.

So that whereas solubility of b
was never primarily intended
Nature, but onely made use of
accident, to purge the blood;
make such provision that the b
be kept soluble, must needs be
far from preserving health, and p
venting diseases, that it may w
well be thought to be a means,
disturbing Nature, to destroy hea
and to cause distempers.

CHAP. V.

Whether it be Necessary for the Pres
vation of Health, to observe Ru
concerning sleep.

ANother means to preser
health, in use amongst Phy
tians, is to prescribe rules concer
ing sleep, that it be not excessi
nor deficient, but moderate agre
able to the Constitution. Now w
mu

ſt know that ſleep is nothing elſe, a ceſſation of the exerciſe of the nal Faculties, cauſed by a de- ncy of ſpirits, which ſpirits the onely promoters or ſetters work, of the exerciſe of thoſe mal Faculties.

The ſpirits are nothing elſe but a e *Halitus*, or thin matter breath'd n the Maſs of blood, which as are in a continual production yes ariſing from the Maſs of od; ſo are they alſo in perpetual ence, drawn out by External cts, and continually loſing them- es in the air.

low by the exerciſe of the animal ulties, as motion of the body, ng, *&c.* or by the ſenſes, Hear- Seeing, *&c.* entertained by rnal objects; the expence is reater than the procreation or duction of the ſpirits. But by ceſſation of the exerciſe of thoſe nal Faculties, the ſpirits are again uited and reſtored: for by that means

means the production becomes
greater than the expence.

Here is also to be noted, that
how much the exercise of the ani
faculties shall be more intense
remiss; so much the more or
sleep will be required for the resti
tion of the lost spirits.

From hence it may appear
sleep is by no means to be appro
ated unto the constitution, bu
necessarily required by Nature
portionably to the expense of spi
caused by the exercise of the ani
Faculties.

Now although there be s
Lethargical and sleepy diseases,
we are not in the least to conc
that sleep is the cause, but the
duct and effect, or at least the adj
or concomitant of such diseases.

The restitution of decayed spi
cannot possibly be the cause of
disease whatsoever, but rath
preservative against diseases: wh
fore to prescribe rules for the
de

tion of sleep, is in some sort to
ulate the strength of Nature, and
estrain the body from being too
te and lively.
f sleep, be it never so much, can
ny cause of disease; How comes
o pass, that young Children who
nd the greatest part of the first
rter, in continual sleep, become
re lively and thriving, than others
o sleep less? Or how happens it
t some aged persons spin out the
ed of their lives to a great ex-
t by much sleeping?

CHAP. VI.

ether the Regulation of the Passions of the Mind, be a Legitimate means to prevent Diseases.

Nother means in use amongst
Physitians, for the preserva-
n of health, is the Regulation of
affections or passions of the mind.

Now

Now although it cannot be den
but that the Irregular paſſions of
minde may do much hurt to the
dy, and that there is ſomewhat
to be attributed to the diſcre
of every perſon, as to the regula
of his paſſions: Yet muſt we h
preſuppoſe that health of body is
ceſſarily required for the regula
of all humane affections. Inſom
that the regulation of our affecti
is rather to be conceiv'd an eff
product, and reſult, than any c
of health. As to the affections
paſſions, as anger, joy, fear, gr
&c. there can ſcarce be *mens ſa*
except it be *in corpore ſano.* For
know by experience, that ſick, ag
and conſumptive perſons, are
more peeviſh and fretful than oth
Although, when the body is di
ſed, the minde, or ſoul it ſelf, n
be in perfect health; yet the affe
ons, which are the ſouls attenda
muſt needs be diſturb'd and diſq
eted, whenſoever the body ſhall
diſte

nper'd, becauſe their very eſ-
ce, or being, doth depend upon
craſis, or temperament of the
dy. And ſo on the contrary, they
lt needs be altogether as much in
ſouls reach, to be regulated and
mmanded by her when the body
ealthful. It is in ſome ſenſe a
ſt certain and infallible Axiome,
lores ſequuntur humores) *viz.* that
manners, *i. e.* the affections of
minde, have dependance upon
humours of the body.

From hence it cannot but be
ught more rational, that provi-
be made firſt for the body, that
e preſerv'd in health, that ſo the
ctions of the minde may be re-
ated, than to preſcribe the regu-
on of the affections as a cauſe and
ſerver of health.

CHAP. VII.

That the chief preſerver of healt
Exerciſe, becauſe it doth ferm
the maſs of blood; and that wh
ſoever elſe doth cauſe fermentati
may be uſed as a fit Succedane
for Exerciſe.

NOw am I arriv'd unto the fi
and laſt, which is a true
legitimate means, preſcribed by
Phyſicians, for the preſervation
health, and prevention of diſea
and this is bodily Exerciſe.
thing ſo well known by experie
to preſerve health, that they w
do moderately uſe it, ſtand in n
of no other preventing Phyſ
This is that which makes the labo
ing man's ſleep pleaſant and ſw
unto him: This is that which ſh
the Juſtice and equality of Div
Providence, diſtributing the hap
n

of this world, in ſome good ſure alike unto the Sons of men. they who are neceſſitated, and ſtrain'd to work hard for a live-ood, are recompenſed with the tion of health, than which no-g is more comfortable and de-ble in this world. And certainly, e the virtue and efficacy of Ex-ſe, for the prevention of diſeaſes, ter known, or more ſeriouſly ſidered, many Millions in this ld, might be happy in the injoy-nt of their health, who are now erable by reaſon of the want of it. many there are, who by reaſon meneſs, or debilitation, through e accident, are rendred inca-le of exerciſing: and many more, o are prevented by their profeſſi-whoſe imployment is Writing, ving, Studying, or ſome ſuch like, ch enforceth them unto a ſtill ſedenary life; and as many, who ough they do ſometimes Exer-, yet not ſo often, nor unto that

degree and measure which Na
requires. Besides that innume
multitude of others, who ha
contracted a depraved habit of
minacy and softness of living,
think it a thing burthensom,
troublesom to Nature, althoug
the preservation of their healt
Exercise; and cannot by any a
ments be perswaded unto it, but
apt to think such remedy as
or worse than any disease it
prevent.

So that although Exercise ma
of it self sufficient to prevent
eases, yet seeing that there ar
many Accidents which may pos
hinder Exercise, it cannot but
conceiv'd a thing profitable u
many persons, for prevention of
eases, to propound some other
and means which may serve in s
thereof.

Not that I am willing, by
means, to entice any unto a sed
tary life, but am rather desirous
grat

tifie all thoſe with a fit and meet
cedaneum, who cannot, either by
ſon of their employment, or ſome
er accident, uſe Exerciſe.

Here we are firſt to ſuppoſe, that
lily Exerciſe is an adequate cauſe
roduce the effect of continuance
health: And this I ſhould firſt
ve by reaſon, were it not ſuffi-
ntly known unto all men by ex-
ience, which is the very baſis and
ndation of reaſon. It being then
nted, that moderate Exerciſe is
ay and means to preſerve health,
us enquire into the manner how
produceth that effect. And this
nde to be done by fermenting of
maſs of bloud. Now this fer-
ntation of the maſs of bloud, is
nted by all Phyſicians, to be the
xt and immediate cauſe of health.
that whatſoever hath a power in
ſelf, to put a juſt fermentation
on the maſs of bloud, may be a
Succedaneum to be uſed in the
ad of Exercise, and by conſe-

quence muſt needs be a proper
fit Medicament to be given for
prevention of Diſeaſes, or preſer
tion of Health.

But before I propound thoſe p
ticular Medicaments, whoſe na
and property is to ferment; I ſ
diſcourſe in general of Ferme
tion.

CHAP. VIII.

What is meant by Fermentation.

FErmentation, is a certain moti
of the Particles of ſome He
rogeneous matter, whereby th
Particles become ſo perfectly mi
and incorporated into each oth
that the matter doth from the
reſult Homogeneous, or Simil
i. e. conſiſting of no other parts th
what are of like nature one to an
ther, and like unto the whole.

As for Example: When Leave
th

t is, extream ſowre Paſte, is mixt
h other ſweet or inſipid Paſte, by
rmentation the ſowre Particles
ſo incorporated with the ſweet,
inſipid, that they do receive an
ſolute and perfect allay from each
ner; the inſipid parts put off their
ſavourineſs, and the other their
wreneſs, inſomuch that the Maſs
Lump doth reſult of a middle
ture compounded of them both.
t ſo perfectly compounded, that
e Lump may then be denominated
omogeneous or ſimilar, which be-
re Fermentation was Heteroge-
us; becauſe that after Fermenta-
on, it cannot be divided into inſi-
d and ſowre parts, nor into any
her parts or particles different from
ch other, or different from the
hole.

Thus are we to underſtand of the
rmentation of the Maſs of blood;
he Maſs of blood is in it ſelf a vari-
ſly-compounded and mixt body,
onſiſting of ſuch diverſity of parts,
all

all apt to act upon the body afte
different manner according to
nature of each part, that were t
not all united by Fermentation, t
would quickly destroy the body
Obstructing, Corroding, Exul
rating, Putrifying, *&c.* but be
by Fermentation united, the visc
and thick parts are Attenuated,
thin are incrassated, and the Ac
mony thereof much contemper
and allayed; and all other partic
so firmly embodied into those t
are of a contrary nature unto the
selves, that the mass is thereby re
dred of a just *crasis* or temperame
fit for the Nutriment of the body.

To this end, there is given,
the providence of Nature, even u
the very *Embryon* in the Womb,
large *Coagulum* of blood, I me
the Liver, together with the form
tion of its parts, that whatsoever
ingested into the body, may by ve
tue of this *Coagulum* be fermente
and so united unto the mass, that
th

tender parts may, by the mass blood receive no detriment, but nourished and augmented by it. w that Nature hath designed the er in young Children for Fer- ntation, it is evident; in that en the Liver ceaseth to do its ice, that is, to ferment the blood, ften times grows unto the side of hilde; even as the Umbilical Vein sing to convey nutriment into the dy degnerates from its former na- re, and unites it self with the scles of the *Abdomen*.

And as Nature doth at first pro- le this *Coagulum* for young Infants, doth she afterwards by degrees ovide for others that are adult by ngesting in the other side of the dy another Ferment or Leaven of more terrestrial substance; I mean, e Milt or Spleen, altogether as fit perform the office of Fermenta- on in others, as the Liver in young hildren.

Here it will not be unworth our

obſervation to take notice, t
whatſoever is receiv'd into the Ve
and Arteries, and circulated to
ther with the maſs of bloud, exc
it be united to the bloud by Ferm
tation, cannot but become hur
to the body. It may either by
Denſity and Viſcoſity obſtruct
narrow paſſages, or by its Acrim
corrode the tendereſt parts, or
by its putrefaction corrupt
bloud. Now here we muſt n
that by Concorporation with
maſs of bloud, it's hurtful quali
can receive no allay, except t
Concorporation be done by F
mentation. As for example:
Hony there is a certain ſharp or c
roſive part, which although it
Concorporated with that ot
ſweet and healing part, yet is
the Acrimony thereof allayed,
by being Fermented with the ſwe
part it is thereby abated; the tr
whereof may appear by this Exp
ment. Take a pound of Hony,
b

yle it a little while in three Pints any water that will bear Yeaſt; ſh any ſore with this liquor unrked, and you may obſerve it to very deterſive and cleanſing: t afterwards work the ſame with ittle Yeaſt, and then you ſhall de it of another nature, not in the ſt deterſive. By Fermenting or rking, the ſweet and ſharp parts the Honey, are ſo firmly united to ch other, that they loſe their forer nature, and produce a third, hich is different from either. ence it is alſo, that not onely the arper, but the ſweeter parts alſo of at liquor, by Fermentation, are layed, as may appear by its taſte to every Palate.

CHAP.

CHAP. IX.

What things perform the act of Fermentation.

HAving in the general touch'd little upon fermentation, shall now recite a Catalogue of such things, as are indued with a faculty of fermenting, especially those that are most signal. And these are Coral, Pearl, Mother of Pearl, Steel, Crabs Eyes, Egg-shells, the Liver and Milt of all kinde of Animals boyled and dryed; the Shells of Crabs and Lobsters, Corallina; with many others. All which agree in this, that they lenifie sharp humours; open obstructions; provoke the *Menses*; stay the bleeding at Nose, or else-where; stop, with much safety, all manner of Fluxes; assuage pain; provoke Urine; put a good consistence upon the mass of bloud

ud; ſtrengthen the Spirits; allay pours; exhilarate the minde; cure an Appetite; help Digeſti-; open the Pores, and produce an enſible tranſpiration; clear the n, and make the Countenance gete and lively.

Now although all theſe things, work all theſe effects in ſome de-ee and meaſure, yet ſeeing that perience hath found ſome to be ore infallible and certain than o-er ſome, or at leaſt more general: ſhall propound that which experi-ce hath taught to be the moſt ge-ral of all, and that is, *Steel*. And eing that in this alſo experience th found ſome uncertainty, by aſon of its various preparations, nd ſeveral wayes of exhibition; I hall above all commend one prepa-ation, called, *Sacharum Martis*, or ugar of Steel, and that to be given o otherwiſe than in Wine or Wa-er. And this Sugar of Steel, ſo ex-ibited, may be truly called, *Panacea*,

cea, or that universal Medicame
which may in it self be sufficient,
touching the Prophylactical part
Physick, that is, to prevent disea
and preserve health, as you m
read afterwards. Yet is it not to
denyed but that Steel hath be
often tryed, and found ineffectual
the distempers of young Infan
Whether it be for want of due Pr
paration, or that it is too strong
Ferment: However, I shall not
present propound this, although t
best Preparation of Steel for tend
Infants, but offer another Med
cament, yet of the same tribe
which is well known by experienc
not onely of my self, but divers o
thers; and this is *Red Coral*,
which also you shall read afterward

It is not impertinent in this pla
to shew, how that grand *Qua*
may be resolv'd, *viz.* How is it pos
ble, that the same individual Med
cament, should be efficacious to pre
vent or cure several diseases
differen

fferent, and perhaps of contrary
ndes? Which thing is evident and
ear by what is here ſuppoſed. It
here ſuppoſed, that Fermentation
the maſs of bloud doth lenifie
arp humours, and yet attenuate
oſe that are viſcous and groſs; that
doth both provoke, and yet ſtop
e overflowing of the *Menſes*, and
roduce many other ſuch like effects
a contrary nature. So that if any
ne Medicament will but Fermeut
e bloud, it may by the ſame reaſon
roduce different, yea contrary
ffects upon the body.

This is alſo to be exploded for a
alſe opinion, *viz.* That Steel performs
ontrary effects, opens obſtructions,
et ſtops Fluxes, by a diverſity of
arts which it hath in it ſelf. Whereas
t performs theſe different effects
nely by that one individual act of
ermenting the bloud, ſeeing alſo
hat all other things, as Coral, Pearl,
Corallina, *&c.* which have a facul-
y of Fermenting, do produce the
ſame

ſame different effects. I ſhall now ſh
the uſe of theſe two Medicamen
firſt of the Coral for Children, all t
are under ſeven years of age; a
afterwards of the Steel for all othe
Men, Women, and Children, abo
ſeven. But this is firſt to be adv
tiſed, that it is not here pretend
how the Coral and Steel do of the
ſelves perform the whole Act
Fermentation, but onely by Fe
menting a little, do put the Li
and Spleen upon their Office of Fe
mentation, even as exerciſe do
whereof theſe are propounded a
Succedaneum; yet ſo, as that ſo
exerciſe, if poſſible, is alſo to be uſ
with them.

CHA

CHAP. X.

How Childrens diſeaſes may be prevented by the uſe of Red Coral, *which Fermenteth the Maſs of Blood.*

FOr prevention of Diſeaſes in Children under ſeven years of e, give them either the Magiſtery the Syrup of Coral, or elſe Red ral prepared, twice every day for ee dayes together, once in a forht or thereabouts. Give a child about four or five years old, five ines of Red Coral prepared, x'd with a little conſerve of Barries, from a knifes point in a morn- faſting, and let the child drink draught of ſpring-water, either eetned with ſugar, or alone, imediately after it, if it be in the mmer-time; but if in the Winter, en a draught of white-Wine. Let him

him fast at least an hour, and, if
can, let him exercise after it;
him do the like at four in the af
noon, and so the next day for th
dayes together.

Or in stead hereof he may t
seven grains of Magistery of C
from a knifes point, mix'd with
pap of an Apple after the afore
manner, drinking wine, or wa
or both mix'd together, accord
to the season of the year, exerci
and fasting after it as aforesaid.

Or else he may drink half an ou
of syrup of Coral at a time, in w
or water, according to the sea
twice every day for three dayes
gether, as aforesaid.

Now although this be the
and means to prevent such Dise
onely as are apt to breed within
body, yet is it also a great means
strengthen Nature, to resist thos
ther Pestilential diseases, as
Measels and small Pox which co
from without; as also to enable
bo

y the better to encounter with
e diſeaſes in caſe they ſhould
pen. For doubtleſs the onely
ſon why, when the ſeeds of thoſe
ilential diſeaſes are ſown in ſeve-
odies, ſome die, others languiſh
ng time, and others ſpeedily re-
er, is this, *viz.* becauſe ſome
ies are of a better *Craſis* or Tem-
ament than others. And this alſo
undeniable truth, that the Eu-
ie and Dyſcraſie of all bodies, do
eſſarily depend upon the more
fect or imperfect Fermentation
he maſs of Bloud.

And here, that not onely a rational
alſo an experimental ſatisfaction
be given unto all perſons what-
ver, concerning the efficacy of
ral, for prevention of Childrens
eaſes; I ſhall propound this fol-
ing Experiment.

Give of Red Coral twice every
for ſix or ſeven dayes together,
ording to any of thoſe wayes be-
e mentioned, unto ten ſeveral
children

children which have contra
ſome general diſtemper; not ſ
as may bear the denomination of
particular diſeaſe, but ſo as it
clearly appear that they are indiſ
ſed, and not perfectly well, as
perhaps appear by their loſs of
petite, by the more then ordi
Paleneſs and Wanneſs of their Co
tenance, or by other ſome ſuch
infallible ſignes and tokens;
have upon them no particular
eaſe, but onely that which Phy
ans call a general Cachexy, tha
an immediate inclination or diſp
tion unto all manner of diſeaſes
ſay, give unto ten ſuch Child
twice every day, for ſix or ſe
dayes together, of this Red Co
according to any of thoſe wayes
fore mentioned, and you ſhall
ſerve (except ſomewhat extraor
nary prevent it) that ſcarce on
theſe ten ſhall continue, to the ſp
of thoſe ſix or ſeven dayes, unre
red unto its perfect health.

After that, make choice of ten
re Cachectically diſtempered
ldren, but give the Coral onely
ive; and then after a few dayes
ſhall obſerve the difference, and
t no ſmall difference, between
ſe unto whom you gave the Co-
, and the other. I appeal with
ch confidence unto any mans ex-
ience, becauſe I know it already
my own experience.

I know by experience that Red
ral cures the Cachectical diſtem-
s of children, as infallibly as Steel
es the Green Sickneſs; and I
not perſwade my ſelf but that
effect is performed upon this
ount. Thoſe Cachectical diſtem-
s proceed from an imperfect Fer-
ntation: Coral Ferments; where-
e by taking away the cauſe, it re-
veth the effect alſo, according to
t old, worn, yet true Axiome,
blatâ cauſâ, tollitur effectus.

CHAP.

CHAP. XI.

How the Diſeaſes of thoſe per
which are above ſeven years
may be prevented by the uſe of St

AS Coral for young Infants,
Steel for all others above
ven years old is, if rightly made
of, a great preventer of Diſeaſes,
preſerver of health. And amo
thoſe preparations that are as
extant, there is none compar
unto that which goes under the
nomination of *Sacharum Martis*,
Sugar of Steel. The uſe whereo
to the Prophylactical or Preſerva
part of Phyſick, is as followeth.

Let any healthful perſon drink
grains of Sugar of Steel in a dra
of ſpring-water in the mor
faſting, exerciſing and faſting at
leaſt an hour after it. Let him
her do the like alſo at four in the
ternoo

oon, and ſo the next day, and next after that, for five or ſix s together. And after a months miſſion, the ſame courſe is to be ated.

ote, this water is to be uſed in Summer-time, but in the Win- the Sugar of Steel is to be diſſol- in white-wine in ſtead of water; pring time and in Autumn, water wine may be mingled together.

or a Boy of eight, ten, or twelve s old, ſix, ſeaven or eight grains be ſufficient.

low for a certain trial or proof of this *Sacharum Martis*, or r of Steel; I offer the ſame ner of experiment which I did cerning the Coral for young ldren, that it may clearly ap- unto all perſons whatſoever, onely upon a rational, but alſo n an experimental account, that ar of Steel is a True and Legi- ate means to be uſed by any of ve ſeven years old, for preven-

tion

tion of diſeaſes, or preſervation
health.

Give unto ſeveral perſons w
are Cachectically diſtempered, t
every day, for the ſpace of te
twelve dayes, of Sugar of Steel
cording to the manner above m
tioned; and if within that ſpac
time, all or moſt of them ſhall be
ſtored unto their perfect health
cannot be denyed, but that th
foreſaid means muſt needs be effe
al for the intent and purpoſe af
ſaid.

Yet I think we need not go ſo
as this for a tryal; For let any pe
whatſoever, of the moſt abſo
and perfect health that may be,
of this Sugar of Steel for te
twelve dayes together, after
manner aforeſaid; and ten to
within that ſhort ſpace of t
there will appear at the leaſt ſ
outward ſignes of health
ſtrength more than formerly.
ten to one, but that his counten

be ſomewhat more vegete lively, and that he will have ewhat a quicker and ſharper ap- te to his meat.

have now done with the Pro- lactical, or Preſervative part of ſick, wherein I have, I hope, n ſatisfaction to all thoſe whom on will ſatisfie, concerning the acy of Coral and Steel for pre- tion of diſeaſes. It remains in the t place, that I treat of the The- eutical or Curative part.

CHAP. XII.

t the things not natural, are ne- eſſarily to be obſerved together ith the uſe of Coral and Steel, for e cure of diſeaſes.

Hereas it is not onely a thing more dfficult to cure diſeaſes e contracted, than beforehand revent them; but alſo a matter

of greater consequence, because d
cases unprevented, terminate on
in sickness, uncured in death;
behooveth every Physician to
so careful of his Patients recov
from any disease, that he neglect
rational and probable means t
may serve for that intent
purpose.

Hence is it, that although
chief aim is to divulge the efficac
these two medicaments for
curing of diseases, which indeed
chiefly to be considered; yet sha
not be silent as touching any ot
additaments, or helps which may
subservient unto them.

Wherefore although for g
reasons I have rejected all t
things which Physicians call not
tural, for prevention of diseases,
cept Exercise; yet for the cur
diseases, it will be necessary to
brace them so far forth as reason
admit. As first, for matter of
it is requisite that it be, for quan

ry little or ſpare; and for quality, h as may be eaſily digeſted, in oſe diſeaſes where Nature is chiefly ncerned in the conquering and ſpoſing of ſome Morbifick matter, ſhe be called away *à Pepaſmo ad ſin*, from her encounter with the eaſe, unto the digeſtion of meat. r is the Palate in ſickneſs to be arded, becauſe ſhe is then vi- ted and corrupted, diſliking that ich is wholeſom and profitable, l reliſhing other things which are ngerous and deſtructive to the dy. The Diet is alſo to be ap- opriated unto the diſeaſe, accord- to the common experience of all yſicians. As for example: fleſh- at is to be denyed, or at leaſt, not freely granted in Feavers, becauſe perience teacheth that the Chyle Juice extracted by the Chymiſtry Nature from thence, and tranſ- tted into the Veins and Arteries, moſt obnoxious unto putrefacti- Anchoves, Muſtard, French-

wine, and ſuch like things of mu
acrimony, are by no means to
given to thoſe that have inward
cers in their Bladder, Kidneys,
elſewhere, becauſe they are apt
excoriate and fret, and ſo to incre
and inrage the diſtemper. Th
Diet which is Analeptical or Reſto
tive, is to be given to Conſumpti
perſons: and ſo for other diſeaſe
there is ſcarce any diſtemper wh
ſoever which may not in ſome m
ſure be abated, by a due obſervati
of Diet.

And as Diet, ſo Air alſo in t
cure of diſeaſes is ſomewhat to
regarded: as in thoſe diſe
where tranſpiration or ſweating
required, care is to be taken, that t
ambient Air be as warm as may
that ſo the Pores may be kept o
& not cloſed too ſuddenly, where
the Morbifick matter, once atte
ated and enraged, may not be loc
up in the body to the exaſperati
and increaſe of the diſeaſe, b

gradua

adually breathed out and ſpent, to
e recovery of health.

So for ſleep: Care is to be taken
at in Feavers and ſuch-like Di-
mpers which ſpend the ſpirits,
at it be moderately procured to
freſh the body, and ſtrengthen
ature to encounter with the diſ-
ſe. Neither are the affections vio-
ntly to be moved, and the minde
ſcompoſed in ſick and weak per-
ns, by relating any thing that is
pleaſant, or leſs deſirable to be
ard. For experience teacheth,
at a very ſmall commotion of the
inde, hath great influence upon a
k and weak body; whereas great
oubles and diſcontents do very
tle or no hurt unto the bodies of
oſe perſons that are in perfect
alth.

Having premiſed this in the gene-
l, I ſhall now deſcend to particu-
rs, and diſcourſe firſt of the Effi-
cy of Steel in the cure of Diſeaſes,

then afterwards Analogically to
upon the Coral also.

Some Diseases there are wh
Steel doth both prevent and cure,
the Green Sickness, the Spleen, Sc
vey, Jaundies, Mother, Go
Consumption, Ague, Stone, Fl
Dropsie, Strangury.

Although it doth prevent,
doth it scarcely cure continual F
vers, and the Epilepsie, or fall
Sickness. And although it d
prevent, yet doth it not cure
Apoplexy. As to the French
ease, it doth neither prevent nor cu
it; yet is it useful for this, and
others, as shall appear in the sequel
my discourse. I shall treat of th
Distempers in the same order a
have propounded them; as first
the Green Sickness, then of t
Spleen, Scurvey, Jaundies, *&c.*
they are here above described.

CHA

CHAP. XIII.

Of the Cure of the Green Sickness, by the use of Steel.

The Green Sickness is a distemper peculiar unto young Maids, which renders them listless and loath to stir; which makes them in their face or countenance squalid, and less handsome, of a pale and greenish colour, from whence it hath the denomination of Green Sickness.

It proceeds from the defect of fermentation of the Mass of bloud, the Liver and Spleen not performing their office according to the intent of Nature.

It is cured onely by the use of Sugar of Steel. Give the Patient twenty grains of Sugar of Steel in a draught of spring-water in the morning fasting, and as much at four in the afternoon, for the space of ten

or twelve dayes together, and
her every time exerciſe very
after it. And in caſe her diſtemp
be ſuch that ſhe have not her *Me*
let her continue taking the ſa
quantity at the leaſt twice ſo lo
and let a vein be opened in the l
foot, to the evacuation of eight
nine ounces.

It is here worth our obſervati
to take notice how this Sugar
Steel drank in a draught of ſprin
water twice every day, with exerci
after it for a fornights ſpace, do
beautifie and enliven the counte
nance, not onely of thoſe who ha
the Green Sickneſs, but of othe
alſo, inſomuch that there are ſcarc
any who look ſo well, but by takin
of it will appear in their counte
nance much better, livelier an
clearer then before. A thing whic
may in it ſelf ſignifie the wholeſom
neſs of the Medicament.

Certainly were many of our Ga
lants in this City advertiſed of this,
they

ey would lay by all their Un-
ents, Paints, and Washes, which
n at the best afford them but an
rtificial hue, and would betake
emselves wholly unto this Sugar
Steel, whereby, besides the be-
fit and advantage of health, they
ight gain a clear, lively, beco-
ing, amiable, natural complexi-
n.

CHAP. XIV.

ow Steel conduceth to the cure of the Spleen.

THere are several Distempers ari-
sing from the Spleen. Know
herefore for distinctions sake, That
y the disease called the Spleen, I
nderstand both the swelling of the
pleen, which is accompanied with
iolent pain, by reason of the va-
ours distending those Nervous Fi-
res which are in the body of the

Milt or Spleen, as alſo thoſe Hyp
condriack Vapours which are fr
thence diſperſed, which fuming
into the Head diſturb and diſco
poſe the Brain, which ſuffocate a
almoſt ſtop the breath; beſide
tream pain, and ſome other troub
ſome and pernicious ſymptomes.

A Caſe.

A Gentleman of abont twe
eight years of Age, having been
fits for the ſpace of four or five ye
much troubled with violent pain
his Spleen, was thus cured.

He took ten grains of Sugar
Steel in a draught of ſpring-wa
twice every day for the ſpace of
dayes, walking very eaſily after
(for he durſt not move violentl
any time for fear of his pain)
after ten dayes intermiſſion, he
it other ten dayes after the ſa
manner; and ſo he did by cou
every other ten dayes, for the ſp

half a year. In the mean time hen he was by fits taken violently th his pain, he had present ease by inking a draught of raw White-ne bloud-warm, together with an nce of Syrup of Red Poppies. t his pain, by taking of Steel grew s and less every fit, insomuch that two months time it was almost holly abated: so that he needed not e White-wine and Syrup of Pop- at the furthest above ten weeks, d that at the latter end not above nce in a fortnight, although at first e was constrain'd to take it once in ur or five dayes.

Another Case.

A Gentle-woman, a Widdow of irty seven years of age, being ve- much oppress'd with Hypocondri- k vapours, was thus cured in the ace of ten dayes. She drank twice very day twenty grains of Sugar of teel in Spring-water; and in that ten

ten dayes she bled twice in the foo
to the quantity of about nine or te
ounces. She took also for the fir
three nights, a *Bolus* consisting o
half a dram of Venice-Treacle, ha
a dram of Conserve of Red Rose
and a grain of *Opium*.

A Boy of about fifteen or sixtee
years old, was cured of the swellin
and pain of his Spleen, by onely Su
gar of Steel; drinking ten grains a
a time, in a draught of Spring-wate
twice every day for three weeks to
gether.

A Maid-servant of twenty thre
years of age, about the fall of th
Leaf or Autumn, was much trou
bled with Hypocondriack vapour
every afternoon for three weeks or
month together: she was also take
after the same manner the Spri
after. And having tried man
things to no purpose, was at lengt
cured by Sugar of Steel drank i
Spring-water, twelve grains at
time twice every day for a fortnigh

After

fterwards, fearing the return of er diſtemper, and thinking with her lf that her cure might be wrought s well by means of the water as the teel: applied her ſelf wholly unto he drinking of nothing elſe but ater, both at her meals and all ther times. This ſhe continued or a year and half, in which time he had not the leaſt touch of her diſtemper. But afterwards return- ng unto her drinking of Beer as ormerly, ſhe perceived a recidiva- ion of her diſeaſe; ſo after that by drinking onely water again was cured.

This I relate to gratifie all thoſe that are inclin'd unto Hypocondri- ack vapours; which diſtemper may as well as any that I know, be called, *Opprobrium Medicorum*, the ſhame of Phyſitians; becauſe ſo many la- bouring of this diſeaſe have come out of the hands of very able Phy- ſitians uncured. Yet do I verily perſwade my ſelf that it might be

cured

cured in any perſon whatſoever, by the onely uſe of Sugar of Steel and Water, by drinking Water continually upon all occaſions, and Sugar of Steel in it at ſome times.

CHAP. XV.

How Steel may be uſed for the cure of the Scurvy.

THe Scurvey is a diſeaſe proceeding from the putrifaction of the bloud, which putrefaction hath its original from the defect of Fermentation. For thoſe particles in the maſs of blood, which are not by Fermentation embodied with the reſt, muſt needs act their particular parts upon the body; they muſt needs either excoriate, obſtruct, or putrifie, &c. according to their different qualities. From whence it is an eaſie thing to conceive, how a diverſity of diſeaſes may be produced

ed in humane bodies, from one and he ſame original, *viz.* from an im-erfect Fermentation of the maſs of loud.

The ſymptomes of that diſeaſe which is called the Scurvey, are ains in ſeveral parts of the body, eſpecially in the Calfes of the Leggs nd Thighs; and ſometimes Spots alſo in ſeveral parts, eſpecially in the Leggs and Thighs. A wearineſs and loathneſs to ſtir. An itching in the Gums, and looſeneſs of the Teeth.

Let the Patient drink twenty Grains of Sugar of Steel in the morning faſting in a draught of White-Wine, exerciſing very well after it; and as much at Four in the Afternoon after the ſame manner, for the ſpace of Six or Seven Dayes. After that, let him ſweat after this manner following.

In a Morning faſting, after he hath made himſelf as hot as he can with good ſtore of Cloaths, and by putting his Head into the Bed, give him

the

the Liquor of Forty ſmall Oyſters wherein Twenty Oyſters have been boyled, as hot as he ſhall be able to drink it. And ſo let him Sweat very well after it, drinking a draught of clear White-Wine Poſſet-drink very hot, now and then, during the time of his ſweating. After this, if occaſion be, he may repeat his taking of Sugar of Steel, after the manner above mentioned, and ſo after that ſweat again as formerly.

CHAP. XVI.

Of the uſe of Steel, in the Cure of the Jaundiſe.

THe Jaundiſe is a Diſeaſe well known by the Yellowneſs of the Skin, which is commonly firſt diſcovered in the Eyes, which oftentimes produceth Pain and Dizzineſs in the Head, want of Appetite and Digeſtion, with ſome other ſymptomes.

It

is cauſed by a thick and viſcous hu-
our, which obſtructeth that paſſage,
hich is called, *Meatus choledo-*
s, the Chanel or Paſſage through
hich the Yellow Choler, contain-
in the *Veſicula fellea*, or Bladder
the Gall, according to the courſe
Nature is tranſmitted from
ence into the Inteſtines. For when
at paſſage is obſtructed, the Yel-
w Choler is thrown out into the
aſs of bloud, by the ſame way that
was firſt conveyed into the Blad-
r of the Gall; even as when the
lorus, or lower Orifice of the
omack is ſtopt, that which was in-
eſted, is oftentimes thrown up by
omiting the contrary way. Now
hen the Yellow Choler is thrown
p out of the Bladder of the Gall
to the maſs of bloud, and Nature
tending alwayes, when ſhe is able,
purge and cleanſe the bloud of its
xcrements by Urine and Sweat;
ence it is, that both the Urine
d Skin do receive the yellow-
neſs

neſs and tincture of the Chole

To ſay nothing, how this viſco humour proceeds from the want Fermentation, the cure is chie perform'd by Steel, although pe haps ſometimes there may be occ ſion to make uſe of ſomewhat elſe, ſubſervient unto it.

There is that which is called t Black, as well as the Yellow Jau diſe, which proceeds from ſom matter thrown out from the Spl into the maſs of bloud, even as t Yellow doth from ſome of the ma ter contained in the Gall.

The Black Jaundiſe is cured b the onely uſe of Steel, in manner fo lowing. Give the Patient Twen Grains of Sugar of Steel, in a draug of White-Wine in the Morni Faſting, and as much after the ſam manner at Four in the Afternoo for ten dayes together.

Let the like be done alſo for th Yellow Jaundiſe, except that th White-Wine, wherein the Steel is t

b

diſſolved, is firſt to be coloured
th Saffron.

Or elſe, let the Patient take the
antity of a Nutmeg of this Electu-
following from a Knifes point
ery Morning Faſting, drinking Ten
rains of Sugar of Steel in a draught
White-Wine after it, and as much
Four in the Afternoon, after the
me manner for Ten or Twelve
yes together.

The Electuary.

Take of Cardamom-ſeed Long-
pper and Turmerick, all finely
owdered, of each a Dram. Saffron
owdered, half a Dram. Conſerve of
oſemary-Flowers, two Ounces;
ith as much Syrup of the Five
pening Roots, as is ſufficient: Make
hereof an Electuary to be taken as
bove mentioned.

CHAP.

CHAP. XVII.

How Steel conduceth to the Cure of the Mother.

THe Mother is a diſtemper pe culiar unto Women, whos ſymptomes are hinderance o the exerciſe of the Animal Faculties by Fits or Paroxyſmes; as alſo hinderance of Reſpiration: whic ſymptomes are cauſed by Vapour aſcending from the Mother, o Wombe. The Vapours aſcendin to the Brain, do hinder the exerci of the Animal Faculties, and withal elevating and raiſing the Matrix o Wombe, ſo that there is a com preſſion made upon the Diaphrag ma; they do alſo hinder Reſpi ration.

It is a diſtemper eaſilier prevento than cured: and eaſilier cured a the firſt, than afterwards, when th Vapour

apours have for ſome time been
bituated to aſcend. For then up-
every ſmall commotion or diſtur-
nce of the mind, they are apt to
end and cauſe the Paroxyſme;
is is too well known by experience,
hich verifies that Maxime, *Habi-*
s eſt qualitas difficulter mobilis.
Therefore by how much the longer
e diſtemper hath continued, ſo
uch the longer time muſt the Steel
uſed. Give the Patient 15 grains
Sugar of Steel in a draught of
ring-water every morning faſting,
d as much at four in the afternoon
ter the ſame manner, for twenty
yes together: ſhe may take it a
nger time proportionably to the
ntinuance of the diſeaſe; or elſe
termit twenty dayes, and then
ke it other twenty.

Here we may note that this Medi-
ment is the moſt appoſite and fit
r this diſeaſe, of any that can be
ven, both in reſpect of the Water,
d of the Steel. Water hath a
natural

natural propriety to allay vapou
and Steel hath a faculty of procu
that which is called *Deorſum*
dentia, a motion downwards; b
which are required in the cure
this diſeaſe. Hence it is that
onely water, but every thing
that is apt to allay vapours, is kno
by experience to be good for t
diſtemper; and on the contra
things apt to raiſe vapours to
hurtful. So are all other things b
ſides Steel which are apt to mak
motion downward, known by
perience to be good; as the tak
Tobacco, the burning of Feathe
the ſmoak of Aſſa-Fœtida, and
other ſtinking ſmells; the fume
Benjamin, Storax, and Frank
cenſe, receiv'd up into the body,
ſuck-like.

How the Steel performs this eff
of making a motion downwar
whether it be by its Elementa
form, or ſome other Specifick q
lity, and by what means the wa
do

th produce its effect of allaying pours, it is not in this place to ntrovert.

CHAP. XVIII.

Of the Cure of the Gout by Steel.

The Gout is an extream pain in the joynts, caused by an hu-our setling there and sometimes trefying, whereby the Tendons, hich are exquisitely sensible, are ftended.

The matter setling and residing in e joynts, is the Seminifick or Sper-atick part of the bloud: hence it is at Eunuchs, Women, and those that e under Age, are seldom or never oubled with this disease.

A Case.

A Gentleman, an Antient Batche-ur of about forty years of age, was

was very much and often torment
with the Gout; who after the tr
of many things to no purpose, w
at length thus cured. He drank t
grains of Sugar of Steel in a draug
of Spring-water every morning f
ing, and as much at four in the
ternoon for a month together; a
applied to the part affected the pu
of a roasted Turnep as hot as he w
able to bear it. After the mon
was expired, he left taking the Ste
but continued the Water, drinki
it constantly at his meals and all oth
times; this he did for the space
two years, during which time
had little or no pain in his joyn
onely now and then some sm
touches, which he could cure himse
immediately, by applying the pu
of a roasted Turnep mix'd with
little Saffron to the part affected
After the two years, he married
young Gentlewoman in whom
much delighted, and then notwit
standing his return unto drinking

Bec

er and ſomtimes Wine, as former-
he continued well.

Another Gentleman, a Batchelor
about thirty years of Age, was
ed onely by drinking Water.
here note, that Water hath of it
f a Specifick faculty of curing the
out; and on the contrary, Wine is
to Exaſperate that diſeaſe. So
t the Reader is here to be adver-
d, that although for prevention
Diſeaſes, I have propounded
gar of Steel to be drank, in the
mmer-time in Water, and in the
inter in White-wine, in the Spring
d Autumn in Water mix'd with
ine; yet for prevention of the
out, thoſe perſons who ſuſpect or
r it, muſt drink it any time of the
r in water. I counſel them alſo
drink Wine very ſeldome or ne-
r, and to uſe as much exerciſe as
y be.

CHAP. XIX.

Of the use of Steel in the Cure of Consumption.

A Consumption is truly and properly an Ulcer in the Lung which by putrifying and spreading doth waste and consume the Lungs although generally it is taken for a kind of Languishing and Consumption of the Body. It is of all diseases considering the time that the Physician hath to turn himself in, the most difficult to be cured; therefore the greater care is to be taken in the cure of this disease, that nothing be omitted which may in any sort contribute to the benefit of the Patient.

It is bred of a putrid, and also of sharp humour in the Mass of blood (which humours continue such for want of Fermentation) therefore

l things that do add either to Acri-
ony or Putrefaction muſt needs be
rtful, *Et vice verſâ.*

For the cure of this diſeaſe, there
firſt a regard to be had unto thoſe
ings which are called not natural,
Air, Diet, Sleep, the Paſſions of
e Mind, Exerciſe. As for Air;
lthough, conſidered in it ſelf in re-
ect of the Climate, it is not eaſily
be diſtinguiſhed whether it be
tter or worſe for the preſervation
health, ſeeing that many of all
onſtitutions are very healthful in
y manner of Air; yet certain it is
at the Air may be better'd by Art,
d corrupted by accident; witneſs
at ſad accident which many years
nce, happened unto one Mr. *Smith*
d his Family. Mr. *Smith*, the
own-clerk of *Grantham*, together
ith his Wife, Maid-ſervant and
wo Children, were all in one night
reaved of life, by reaſon of the
r vitiated through vapours ariſing
om Charcoal; removing unto a

new house to dwell, having its wal
new limed and not throughly drie
to correct the dampness of the ai
they placed a Pan of Charcoal i
the Room, and having close shut t
Doors, they went all to bed, and
the morning were found all dead.

Now seeing that the Air may b
accident be so corrupted, as in
short a time to make so great
alteration, as from health to death
much more may it be so vitiated
in continuance of time, in Chron
cal and Languishing diseases, in som
measure to increase the disease. Th
which either in the Air or ought el
is most apt to increase that dise
which is truly and properly called
Consumption, is either Acrimon
or else Putrefaction. Acrimo
cannot subsist in the Air, being
thing much different from its E
mentary form. For we are to u
derstand by Acrimony, matter co
sisting of Angular Atoms; but
Air, matter consisting of Spheric
Atoms.

It remaines then that whatſoever the Air may be hurtful unto this ſeaſe, muſt needs be Putrefaction: d indeed the Air is as much Obxious unto Putrefaction, as any her thing whatſoever. Now hereas Air may be either more or ſs putrid, it muſt be either better r worſe for this diſeaſe.

We are therefore to enquire into e quality of the Air, in this reect, and conſider what Air is more r leſs putrid. And this experience ath taught, that in populous places, great Cities which are continually equented with a great multitude f people, the Air is moſt of all utrid; 'tis probable it becomes ſo y reaſon of the breaths of many eople putrifying, or elſe from that utrid matter which is continually hrown out of their bodies by Tranpiration, either ſenſible or inſenible.

That the Air is moſt putrid in opulous places, it can be Demon-

ſtrated by no better an experiment than by the corruption of any kinde of fleſh. The Butchers all know by experience, that any kinde of fleſh meat, is ſooner putrified and corrupted in the City, than in the Countrey; which muſt needs be through the putrefaction of the Air. It is therefore expedient for all Conſumptive perſons, who dwell in the City, or any cloſe place among many people, to remove into a more open Air, that the cure of their diſeaſe be not hindered by reaſon of the Air.

The next thing to be regarded is Diet, which is ſubject not onely to putrefaction, but alſo unto Acrimony or ſharpneſs, whereby ſuch a Juice may be conveyed into the maſs of bloud, as may by fretting and corroding, exulcerate the Lungs. Wherefore Salt, although it reſiſt putrefaction, yet becauſe it is apt to corrode, is hurtful; and ſo are all things ſharp or ſowre. So is Stale-

Beer,

er, and Ale, if it lye long in the omack, becauſe by that means it is entimes made ſowre. But if Ale, ich hath as yet contracted no wreneſs, be drank very Warm, ſo at it may immediately be convey- into the Veins and Arteries, by aſon of its lenifying quality, it muſt eds be profitable. The much uſe Bread is alſo very wholeſome, by aſon, not onely of its lenifying qua- y, but alſo in that it is apt to re- ſt putrefaction. Fleſh-meat is urtful, eſpecially in the City, be- uſe there it doth ſooneſt putrefie. ence it is, that the City-Air is to be voided, not onely in reſpect of it lf, but alſo in regard of the Diet hich it is too apt to corrupt.

As for Sleep; it is alſo in this iſeaſe moderately to be procured: Not onely becauſe it doth recruit he ſpirits, but alſo in that it doth etund the ſharpneſs of humours, nd ſtop the motion of the Catarrhe, or deſcent of Rheume upon the

Lungs. Hence it is, that experien
alſo teacheth that thoſe things whi
procure ſleep, if diſcreetly uſed, a
in this diſeaſe beneficial; as *Diac
dium*, and *Opium* in *Pil. è Styrac*
and in *Pil. de Cynogloſſo.*

And ſo for the Paſſions of th
minde, the Patient is in this diſea
to be pleaſed as much as may be; be
cauſe by inward diſcontent, the pu
trid matter is lock'd up in the breaſt
which Nature alwaies intends to
expel, as much as ſhe is able, by
tranſpiration.

For this end is Exerciſe alſo, i
poſſibly it may, moderately to be
uſed. Exerciſe is in it ſelf, the beſt
Diaphoretick, or incentive to tranſ
piration: and certain it is, that Na
ture alwaies intends by tranſpirati
on to clear the maſs of bloud of it
putrefaction. Hence it is that the
matter breath'd out from many
bodies by ſenſible ſweat, is ſo Fetid
or ſtinking.

Having premiſed thus much, I

am

m now to ſhew the efficacy of Steel or the cure of this Diſeaſe. Herein ſhall conſider thoſe two cauſes of his Diſeaſe, *viz.* Acrimony and puefaction of the maſs of bloud, part or ſeverally; and firſt of crimony.

That ſharpneſs of humours, fretting and corroding the Lungs, is ome cauſe of this diſtemper, it may ufficiently appear by thoſe things which do cure, or at leaſt, palliate he diſeaſe; things which are Naturally apt to retund, lenifie, or aſſwage Acrimony. Such are mild Ale, New-Milk ſweetned with Sugar; the Liquor of Snailes made into Syrup, with White-Sugar-Candy, nd Snailes boyled in Milke.

Now that Steel is alſo endued with a faculty of lenifying ſharp humours, it may appear by this following experiment. Put an Ounce or two of the filings of Steel into a Glaſs-Bottle, unto which put a Pint of very ſharp Vinegar, or Juice of

Lemmons: let them be together two dayes, and now and then ſhak'd up; and in that time, the Vinegar or Juice of Lemmons ſhall have put off all its ſowreneſs, and ſhall become in a manner inſipid.

That ſome putrid matter in the maſs of bloud, is a cauſe of this diſtemper, may alſo appear by other things reſiſting putrefaction, which palliate the diſeaſe; as the Powder of Red-Roſe-Leaves, and the Juice of Turneps bak'd, &c. And that Steel doth reſiſt putrefaction, may appear by this, in that the Water wherein Sugar of Steel is put will not putrefie.

To ſay nothing of the Sanative or healing faculty of Steel, as alſo of its Fermenting power, by reaſon of both; which reaſon will alſo admit that Steel may be a legitimate Medicament for this diſeaſe, I appeal unto the experience of thoſe perſons, that ſhall rightly uſe it.

A Case.

A Minister in the City of about hirty five years of age, was thus ured. He had first an Issue made in is left Arm, then went into the Country, and for the first ten dayes rank ten grains of Sugar of Steel, n a draught of Spring-water every morning fasting, and as much at our in the afternoon, exercising very well after it; his exercise as onely walking, yet by that he eated himself very well, being very ell cloath'd, and put himself into breathing sweat; the place where e walked, was upon plow'd ground ewly broken up. After the first en dayes leaving his Steel, he applied himself to the drinking of new Milk and Sugar morning and evening, which he continued for the pace of a fortnight; then he repeated his taking of Steel as before, and fter that Milk, very warm from the

the Cow as formerly. In the mean time he comb'd his head very well every morning with a ſmall tooth'd comb, and once in two or three dayes had the ends of his hair cut, and provoked himſelf to neeze every other day with a little white Helle-bore grated, and ſnuffed up into his noſtrils.

As for his Diet, he would eat good ſtore of Bread with whatſoever elſe he did eat, and oftentimes Bread alone; and beſides his taking now and then ſome of the Juice of bak'd Turneps with Sugar, he would oftentimes make a meal of butter'd Turneps. His drink was ſmall Ale, which he alwayes drank very warm, both at his meals and other times: after all his meals he ſat ſtill about half an hour, then walk'd at the leaſt an hour upon plow'd ground newly broken up: the Chamber where he lay had its Caſements open all the day, and in the evening before he went into it,

was well warmed with a good fire, nd perfum'd with *Benjamin*, *Storax* nd *Frankincenſe*: every night ſo oon as he was in his bed, he took om a kifes point the quantity of a lutmeg of Conſerve of Red Roſes. y this means he was not onely cu-ed of his Conſumption, but after-vards became more Corpulent and fat than ever he was before.

In this caſe is repreſented onely he Practical part; I ſhall now by Commenting upon the ſeveral par-iculars ſhew the Rationality of this Practice. And firſt, to ſay ſome-hing of the perſon, the Patient was a Miniſter. We muſt know, that of all men in the City, Miniſters are moſt Obnoxious unto Conſumpti-ons, in that their Lungs are moſt of all ſtrain'd, and their bodies leaſt exerciſed, beſides the weakning of their Brain by continual ſtudy; Of which afterwards. Orenge and Oy-ſter-women, and ſuch-like, which cry about the ſtreets, although they

ſtrain

ſtrain their Lungs, yet they have this advantage, that they are neceſſitated to exerciſe, whereby they receive the greater benefit of Tranſpiration. Doubtleſs the reaſon why Conſumptive perſons, if they paſs the midſt of *May*, do commonly ſcape for that year; is onely becauſe they have then the greater benefit of Tranſpiration. For this reaſon the Patient uſed exerciſe, and kept himſelf very warm with cloaths.

The reaſon why after ten dayes he left his Steel and drank Milk, is this, *viz.* Becauſe, although Steel doth both Lenifie ſharp humours, reſiſt Putrefaction, Ferment, and Heal, yet is it not Nutritive; and the reaſon why after a fortnights uſe of Milk, he left that alſo to return unto his Steel, is this, *viz.* Becauſe, although Milk doth both Lenifie ſharp humours and alſo nouriſh, yet doth it in continuance of time, Obſtruct, and ſo by accident produce Acrimony or ſharpneſs of humours; For when-

henſoever the *Pylorus* or lower rifice of the Stomach is obſtructed, that the liquid matter contained the Stomach cannot in ſome con-enient time paſs away; it muſt eeds by the heat of the Ambient arts contract an Acidity or ſowre-eſs; even as if the mildeſt Ale be loſe ſtop'd in any Veſſel, and be ſet ſome warm place, it will in a ort time be converted into Ale-gar.

The reaſon why he ſmoak'd his Room with *Benjamin*, *Storax*, and *Frankincenſe*, is upon the ſame ac-ount that he chang'd the City for he Country-air. Some skilful Chi-urgeons there are, who by fuming int with Benjamin, Storax, Oliba-um, Frankincenſe, Maſtick, *&c.* an dry up old Ulcers of long con-inuance; It is therefore very ratio-nal to impregnate the Air with the ume of ſuch things as are healing, nd drying, for an Ulcer in the ungs, ſeeing alſo that Air hath ſo great

great an Affinity with the Lungs that Experience hath taught how much it doth conduce to the recovery of Conſumptive perſons to change the Air.

Nor is it without reaſon that when he walked, he made choice of ground newly broken up, becauſe one cauſe of his diſeaſe was Putrefaction. Now Experience teacheth that the Earth doth very much reſiſt Putrefaction, or rather prey upon putrid matter, eſpecially thoſe ſoils that are hungry and barren.

The reaſon why he had ſo much regard to the combing of his Head, Neezing, and cuting off his Hair, was for the ſtrengthening of his Brain. For this we muſt know, that the humours of the Body which are inclin'd to Putrefaction, paſſing through the Brain (which they are forc'd to do by the Circulation of the bloud) do there ſooneſt putrifie when the Brain through weakneſs hath already contracted ſome Putre-

faction

ction. It is the nature of all pu-
rid matter, by corrupting and pu-
refying, to convert all it toucheth
to its own nature. And the Brain
of all the parts in the body, is the
most subject unto putrefaction.
Hence it is, that Nature hath prepa-
red for it a fit Emunctory, *viz.* the
Nose, for the purging of its Excre-
ments; which if stopped, so that the
Excrements of the Brain cannot
pass, Impostumes are bred in one
part or other, within the Capacity of
the head.

It is well worth our observation
to take notice, that all those, who
by any accident do weaken their
Brain, are the most of all subject to
Consumptions. Whether the Brain
be weakned by Fumes and Vapours
from Strong Beer and Wine, or by
Cuts or Blowes upon the Head,
or else by much Study, 'tis all the
same.

CHAP.

CHAP. XX.

How all manner of Agues may be effectually cured by the use of Steel.

FEavers are usually distinguish'd into putrid and Pestilential, and putrid-Feavers into continual and intermitting. An intermitting putrid Feaver, is that which we call in English, an Ague. To say nothing of the several kindes of Agues, passing under several denominations; as Quotidian, Tertian, Quartain, Double Tertian, &c. it will be sufficient to shew the Quiddity, or nature of an Ague in general, from its cause and symptomes, by which means also the particularities and differences may be easily discerned.

Besides, sometimes illness at the Stomack, and Vomiting, Thirstiness, pain in the Head, and in the Back and

d other parts; the common ſym-
omes of an Ague, are firſt Cold,
en afterwards Burning, which are
uſed by ſome Particles of the maſs
bloud, at that time actually pu-
efying.

What Fermentation is, I have al-
ady deſcribed in the Eighth Chap-
r. Now we muſt know, that Pu-
efaction, I mean the Act of Putre-
ing, is to be conceiv'd, in ſome ſort,
ntrary unto the Act of Fermen-
ng. It is Fermentation revers'd,
z. a reſolution of ſome Homoge-
ous, matter into particles of a
fferent nature: Even as when a
ell-governed Commonwealth doth
ſſolve and break into an Anarchy.
Whereas Fermentation and Putre-
ction do agree in one common
enus, *viz.* Motion; they produce
e common effect, *viz.* Heat,
hich is a natural product of all and
ery kinde of Motion. But as the
otion of either is very much
fferent and diſtinct from each
other,

other, ſo is the Heat alſo reſulting from either divers. The reſult of Fermentation is a Natural, but of Putrefaction a Preternatural Heat. Now whereas the Act of Putrefying is a contrary Motion unto that of Fermenting, it cannot be that the both can ſubſiſt together in the maſs of bloud, after an intenſe manner at the ſame time: According to that common Maxime, *Duo contraria non poſſunt ſimul eſſe in eodem ſubjecto.* Hence it is, that before there can be an intenſe Act of Putrefying, there muſt needs be a ceſſation of the Act of Fermenting. So that as the motion of Putrefying, doth beget a Preternatural Heat in the body, which is called the Burning or Hot Fit; even ſo, the ceſſation of the Motion of Fermenting, muſt needs before that, produce another Fit as Cold as that is Hot.

The cauſe of this diſtemper is commonly both inward and outward: the inward cauſe is either

ſom

ome putrid matter gradually col-
ected, or elſe a diſpoſition of ſome
articles in the maſs of bloud to pu-
refie. The outward cauſe is com-
only cold, preventing Tranſpira-
on, and ſo by conſequence hinder-
g, or at leaſt retarding Fermenta-
on. For by one individual act of
ermentation, we are to ſuppoſe
hat all the Offices of Nature are
erformed, amongſt the which, this
s not the leaſt, *viz.* That there is
roduc'd continually either a ſenſible
r inſenſible Tranſpiration. Now
s in the motion of a Clock or En-
in where ſeveral Wheels move from
ne and the ſame Original cauſe, the
reſiſtible ſtopping of one Wheel
oth hinder the firſt cauſe from act-
g; So is it with the Clock-work
f Nature in all humane bodies:
he ceſſation of any one Office of
lature, which although it have its
ependance upon Fermentation, yet
ay it be a means to hinder or at
aſt retard it.

Accord-

According as either the putri matter collected is more or leſs, the diſpoſition of ſome Particles the maſs of bloud to putrefie greater or leſs, a ſtronger or weak outward cauſe, may give an occa on to this diſtemper. An inwar cauſe without ſome outward, do ſeldom produce this diſeaſe; b oftentimes a ſtrong outward cauſ when there is no inward cauſe at a doth produce it; As many perſo who have no putrid matter, nor an diſpoſition in the humours of the bodies to putrefaction, onely th which they call, *Potentia Natural* a Natural power which all men ha by ſome ſtrong outward cauſe, cold baths or ſuch-like, do get Ague And ſuch Agues ſo contracted, they continue long, are altogether dangerous as others.

For ſuch is the nature of an Agu that it doth of it ſelf produce Mo bifick matter for other diſeaſes, though perhaps when it is firſt beg

may have no Morbifick matter of s own. An Ague is an habit, and ch fit thereof an act of putrefy-g; ſo that putrefaction or putrid tter in the maſs of bloud, is the oduct of all Agues, which, if af-r every fit it be not vented by weat and Urine, muſt continue in e body as Morbifick matter for me other diſtempere, whether that gue was at the firſt chiefly produc'd y an Internal or External cauſe.

The way and means to cure this iſeaſe, is to ſtrengthen the habit of rmenting, and to weaken the ha-it of putrefying in the body of the atient; both which may be effe-ually perform'd by the uſe of teel.

Give the Patient twenty grains of ugar of Steel in a draught of pring-water every morning faſting, nd as much at four in the afternoon, xercifing very well after it, for ten r twelve dayes together; and if in hat time his Ague be not gone, endea-

endeavour to prevent in him the cessation of Fermentation, by giving him two drams of Sugar of Steel at once, in a draught of posset drink two or three hours before his cold fit: this perhaps may make him vomit once or twice, however doth usually continue the habit of Fermentation, and by consequence prevent the cold fit, which is caused by the cessation of Fermentation and so cure his Ague: for experience teacheth, that whensoever the cold fit is prevented, the Ague is cured; Because, as I said before there cannot be a suddain and violent or intense act of putrefying, except there be first a cessation of the act of Fermenting: so that to continue the habit of Fermentation, is the way and means to cure an Ague.

And this is the reason why Strong water and Peper, and other hot things of several kinds, both Actual and Potential, being given some time before the cold fit, do often

mes cure an Ague. And the reaſon hy thoſe things which do ſome- mes cure, do alſo ſometimes fail, this, *viz.* Becauſe the habits of ermenting and Putrefying are in me bodies more Intenſe or Remiſs, an in otherſome. Now that there ay be no uncertainty in the cure of is diſeaſe, which is called *Oppro- ium Medicorum*, the Phyſicians ame; It is beſt by the uſe of Steel adually to ſtrengthen the habit of ermenting, and to weaken the ha- t of Putrefying firſt, before any deavour be done to cure this diſ- ſe by preventing the cold fit, uſed by the ceſſation of Fermen- tion.

And becauſe that in Quartan A- es, the habit of Putrefying is not ſoon weakened as in others, be- uſe it is there ſeated in a tougher mour; it will not be amiſs to give e Patient his Sugar of Steel in Sack ther than in water, or at the leaſt adviſe him to drink Sack very

often. For it is known by experience, that the much drinking of Sack, doth in a great measure help those that labour of Quartan-Agues; probably because the Sack embodying it self with the humour, doth abate its toughness.

Now suppose there may be some Quartan Ague, especially in the Winter-time, which notwithstanding these means, may yet remain uncured: Yet must the Patient needs receive great benefit by the use of Steel, in that it opens the pores, and provoketh Urine, whereby the Morbifick matter, generated by the Quartan, for other diseases may by Urine and Sweat be carried out of the body.

CHAP.

CHAP. XXI.

How Steel may conduce to the Cure of the Stone.

THe Stone is a diſeaſe Obnoxious unto all manner of perſons whatſoever, both Men, Women, and Children. I my ſelf have taken out of the Bladder of a Boy of about eight or nine years of age, a Stone of the bigneſs of a Hens Egg.

Stones are bred either in the Bladder or the Kidneys, of Gravel and rough Flegme, and gradually augmented oftentimes unto a very great bigneſs, eſpecially in the Bladder, which are either ſmooth, or elſe ragged and ſharp, according as one of thoſe two Materials, whereof they are generated, *viz.* Gravel or Flegme is predominant. The ſmooth Stones in the Bladder are generated chiefly of Flegm, which oftentimes

lying upon the Neck of the Bladder, and couching close unto it, do injury to the body by stopping the passage of the Urine.

The ragged and sharp Stones in the Bladder, are bred of a greater quantity of Gravel than Flegme; which oftentimes by their roughness and sharpness, do excoriate and fret the Neck of the Bladder, which is most exquisitely sensible, whereby the Patient is tortured with extream pain.

That a Stone of the greatest bigness may possibly be dissolved, it is without all controversie; for experience hath taught, that many who have been much tormented with the Stone, after they have had several pieces of Stone com'd away with their Urine, have been perfectly well. Besides, reason will very well admit, that whatsoever by accident is generated in the body, may as well be corrupted and dissolv'd according to that Maxime, *Quatenus oritur moritur.* This

This, even as all other diſtempers, may be effectually cured, if the cauſe can be removed. All effects muſt neceſſarily ceaſe, when their cauſe is once taken away. If that ſharp Urine, apt to produce gravel, impregnated with a viſcous matter, can have its acrimony and viſcoſity abated, it will then ſooner diſſolve, than before it did produce a Stone. Now it is well known by experience, that Steel hath a faculty, both to attenuate Flegm, and to lenifie ſharp humours; wherefore it cannot be otherwiſe, but that Steel muſt needs be a fit Remedy for this Diſtemper.

Give the Patient Ten Grains of Sugar of Steel in a Morning Faſting, and as much at Four in the Afternoon, in a draught of Spring-water, for a Moneth together, and let him Exerciſe after it if he be able.

As for his Diet, let him by all means abſtain from New Bread and ſtale Beer. Let him abſtain alſo from

Cheese, and all manner of Fish, except Shell-Fish, of which let him eat as often as he will. To drink New Whay often, may be very profitable for him.

CHAP. XXII.

Of the stopping of all manner of Fluxes by the use of Steel.

THe word *Flux*, is a general and comprehensive term, whereby is signified, any violent and suddain evacuation of humours of what kinde soever, as well the overflowing of the Months in Women, and the immoderate bleeding at the Nose, as those Fluxes of the Belly, *viz.* Lienteria, Dysenteria and Tenesmus; for all which, there is not a more Soveraign Remedy than Steel, and that upon a rational account. For whether any Flux may proceed from Putrefaction, or from sharp

ness of humours, or from both, 'tis not not material, as to any impediment in the Steel to perform the Cure; seeing that Steel, as you may read above in the Nineteenth Chapter, doth both resist Putrefaction, and lenifie sharp humours. And besides, that it doth also very much strengthen the Bowels, the weakness whereof is sometimes the cause of some Fluxes of the Belly, it may appear by that quick and sharp appetite which it causeth in all that take it.

A Case.

A Boy of thirteen years old, had been troubled with a great looseness by Fits, a year and half, who was thus cured. He drank for a Fortnight together, Ten Grains of Sugar of Steel in Spring-water, twice every day. And after that another Fortnight he drank Morning and Evening a draught of New Milk from the

Cow: and so did he do alternately; one Fortnight he drank Milk and another Fortnight Sugar of Steel in Water, for a Quarter of a Year.

A Childe of six Years old was cured of a Loosenes by a Gad of Steel quenched in all his Beer he drank.

A Young Man of Twenty three Years of Age, was much subject to bleeding at the Nose, who for seven Years together, in the Summer-time, bled constantly, almost every day, more or less; and after the tryal of several things in vain, he was at length cured by the onely use of Steel. In the hot Weather when his Bleeding came upon him, he drank twice every day Ten Grains of Sugar of Steel, in a large draught of Spring-water, for Thirty dayes. This he did so long in the Summer-time, two or three Years together.

A Woman of Thirty two Years

of age, troubled with an immoderate Flux of her Months, was cured by taking Ten Grains of Sugar of Steel twice every day, in Spring-water, for a Fortnight.

Another Woman not recovered out of Childbed, much troubled with floudding, was cured by taking Eight Grains of Sugar of Steel in a draught of Sack, twice every day for six dayes.

CHAP. XXIII.

How a Dropsie may be Cured by Steel.

A Dropsie is a collection of the more serous and watry part of the Mass of bloud, from the Veins and Arteries, into several parts of the body, caused through the want of excretion of that watrish humour by Urine and sweat, through the Pores and Ureters. When this watrish

watrish moisture is extravasated from the Veins and Arteries, and diffused throughout the whole body, is called, *Anasarca*; when it is collected in the *Abdomen*, it is called *Ascites*; when in the *Abdomen*, and mixt with Flatulency, *Tympanites*. But however it is distinguished by several denominations, the general cause of all is want of Fermentation. For this we are to suppose, that if there were a just Fermentation of the Mass of bloud, there would not be those obstructions in the Pores and Ureters, for that serous humour to be lock'd up in the body, which ought to be excluded.

A Case.

A young man of about four or five and twenty years of age, was very much swell'd in all the parts of his body with an Hydropick humour, who was thus cured.

He first took a Vomit of the infu-

fion of *Crocus Metallorum*; after that for six dayes he drank twice every day, twenty grains of Sugar of Steel in a draught of White-wine and water mix'd: then he sweat twice, over-night and the next morning, in a Hot-house. After his sweating, his swelling being somwhat abated, he was able to walk a little. Then returning to his Sugar of Steel, he drank for six dayes more, twice every day, half that quantity, *viz.* ten grains at a time in Water and Wine mix'd, exercising as much as he was able after it; and then sweating twice more as formerly. In the mean time he kept himself as warm as he could possibly, and all his drink was middle Beer, wherein was infus'd Sage, Broom, and Wormwood.

Another was cured by the onely use of Steel, taking ten grains of Sugar of Steel twice every day in Wine and Water, for the space of three weeks, exercising very well after it; and in the mean time keeping

ing himself as warm as he he could possibly.

CHAP. XXIV.

Of the use of Steel in the Cure of the Strangury, or Pissing by Drops.

THe word Strangury, signifies in its Original, nothing else but Pissing by Drops. It is a disease in the Bladder, incident to Aged people and Flegmatick persons, when the Neck of the Bladder through flegme is so obstructed, that the Urine cannot pass. It is effectually cured by Steel, that great Attenuatour of Flegm and Viscous humours.

A Case.

An antient Gentleman of eight and fifty years of age, was often troubled with an Impediment in the making

making of his water, who was thus cured. At night when he went to bed, he took half a dram of *Mercurius Dulcis*, mix'd with a little Conserve of Red Roses from a knifes point. The next day he began to take Sugar of Steel, whereof he took ten grains at a time, in a draught of White-wine and Water mix'd, twice every day for fifteen dayes together: after that, for other fifteen dayes, he drank every night so soon as he was in bed, a good draught of White-wine Posset-drink warm. In the mean time he kept himself to warm Diet, which Diet was chiefly Flesh-meat, and the Broth of Flesh-meat: he abstain'd from Cheese, New-bread, Stale-beer, and all manner of Fish except Shell-fish.

He kept himself alwayes very warm, and would oftentimes eat Raisons and Figgs between his meals.

CHAP.

CHAP. XXV.

That Steel doth carry away the Reliques of those Diseases which it doth not Cure.

ALthough there are some Diseases which Steel doth rather Prevent than Cure, yet is it useful also in the perfecting and finishing of the Cure even of such Diseases. A Disease cannot truly and properly be said to be perfectly cured, until the Reliques of that Disease be quite removed out of the body. And for removing of the Reliques of Diseases, I know no better way than to provoke Urine, and to procure a moderate Transpiration; both which are done by the use of Steel. I deny not but that purging Physick may and ought to be given, to such persons who in the time of their health were naturally soluble, for the removing

moving of the Reliques of Diſeaſes. But, as I ſhew'd before in the fourth Chapter concerning Excretion, Nature doth not primarily intend to ſeparate Excrementitious matter from the Maſs of bloud, by ſiege or ſtool, but by Sweat and Urine; ſo that ſolubility of body is but a ſhift of Nature, when the Ureters and Pores are obſtructed, as you may ſee more at large in the 4 Chap. As therefore the way to preſerve health, is to take care rather that the Pores and Urinatory paſſages be kept open, than that the belly be looſe; Even ſo is the ſame care to be taken for the Reſtitution of Health, and Reſtauration of Strength when the violence of a Feaver is once over. Now as in the time of the violence of a Feaver (I ſpeak of a putrid Feaver) the Phyſitian is conſtrain'd to imitate Nature in her ſhifts, in uſing Clyſters for the Evacuation of that matter, which cannot at that time be carried out of the Body by

Urine

Urine and Sweat; so afterwards when that violent act of Putrifying, which is Fermentation revers'd, is past, he is much more to Imitate Nature in that which she doth primarily intend, by taking away the Reliques of the Disease after the order and course of Nature, by the Pores and Ureters, which victorious Nature after the conquest of the Disease, hath in some measure opened for that intent and purpose.

And as for the taking away of the Reliques of Feavours, Steel which is good to prevent them, is necessary; So is it also altogether as useful and necessary for the taking away the Reliques of that Disease wherein it is not at all concern'd, either to prevent or cure; I mean the French disease. For certain tryal and proof hereof, I appeal to the Experience of those that have been imperfectly eured of that Disease, whether upon some Intemperance, or cold taking, they are not sensible of some returns

returns of their diſeaſe. Now ſeeing that thoſe things which breed other diſeaſes, are a means to recruit this diſeaſe when it is imperfectly cured; it followeth by a neceſſary conſequence, that whatſoever doth generally prevent and cure other diſtempers, muſt carry away the reliques of this. Beſides, there is no diſeaſe whatſoever, but Nature doth in ſome meaſure ſtrive againſt it; and although Nature may not of her ſelf be able to cure it, yet when it is almoſt cured, ſhe may be able to perform what remains. Now 'tis well known that Steel doth very much ſtrengthen Nature in all her Offices, in opening the Pores and Ureters, and all other obſtructed paſſages, in leniſyng ſharp humours, in attenuating others that are viſcous and thick, in putting a good conſiſtence upon the Maſs of bloud, *&c.* all which it doth effectually perform, by that one individual Act of Fermentation.

CHAP.

CHAP. XXVI.

How Coral may be used for the curing of diseases in young Infants.

HAving discoursed of the efficacy of Steel, for the Cure of diseases in all persons above seven years old, I am now to Treat of Red Coral for the distempers of Infants. But because the distempers of Infants are not so distinct from each other, as that they can receive so many several denominations, as the diseases of those that are Adult; I cannot be so distinct in my Discourse: I shall therefore by one Case onely represent the vertue of Red Coral for the cure of Childrens diseases. Certainly Nature is much more industrious in attempting of her self, the cure of distempers in young Children than in others; because, in young Children she seldom suffers the disease to come to the height,

height, whereby it can receive any certain denomination (except in the Small-Pox, Measells, Rickets and Convulsions) before she is endeavouring to cure it, by throwing out the Morbifick-matter by the Intestines, when she cannot prevent the disease by throwing the same matter out, as it first gathers, by the Pores and Ureters. Now whereas Coral doth as much conduce to the cure of Childrens diseases, as Steel doth to the cure of others, although the disease fall under no particular denomination, but hath onely one general appearance from several causes; yet may it be sufficient to shew the use of Coral in this one Case for all.

A Case.

A Child of three years old, had upon it every day an Aguish distemper, consisting of a cold and hot fit; it was also much fallen away in all the

the parts, except in the belly, which was very much ſwell'd: it was alſo very Thirſty, and had a great Looſeneſs, which was thus cured. It drank every morning half an ounce of the Syrup of Red Coral, in five or ſix ſpoonfuls of Spring-water, and as much after the ſame manner at four in the afternoon, for the ſpace of ten dayes. In the Night when it call'd for Beer, it had given it ſmall-beer, wherein was infus'd Rubarb, Cream of Tartar, and Cinamon. A dram of Rubarb ſliced, half a dram of Cinamon bruiſed, and as much Cream of Tartar finely powdered, were tied up together in a little Rag, and put into a pint of ſmall beer.

MVSEVM BRITANNICVM

An Advertiſement.

BE pleaſed to take Notice, that the True Prepared *Coral*, and *Sugar of Steel*, is to be ſold by Mr. *Nathaniel Brook*, at the *Angel* in *Cornhil*; And by Mr. *Simon Miller*, a *Stationer*, at the *Star* and *Bible* at the *Weſt*-end of St. *Pauls Church*; And nowhere elſe in *London*.